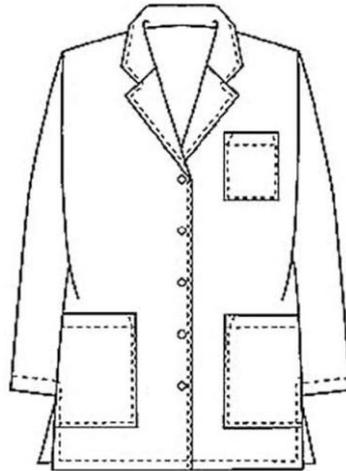
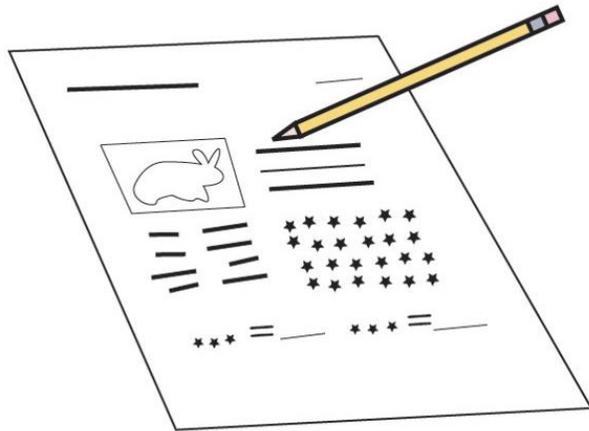
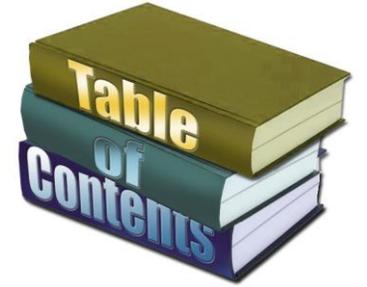


READI: Research Engagement & Advocacy for Diverse Individuals

*A how-to guide to understand and get involved in research as a **participant**, **researcher**, and **consumer** for individuals with intellectual disabilities and their caregivers*

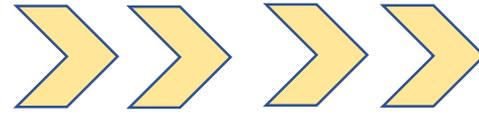


READI Curriculum – Four Modules



- Module 1.** What is health research?
- Module 2.** How can I create a Health story for Research and Care advocacy?
- Module 3.** What is the health research process?
- Module 4.** How can I think like a researcher?
- Optional Bonus Module:*** *Where can I find research in my community?*

This curriculum was funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Award (EA #10029).



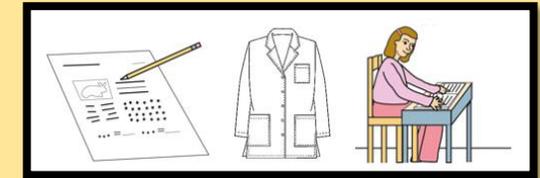
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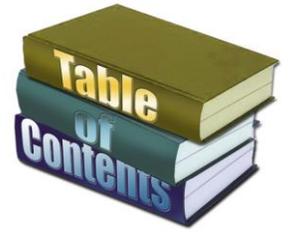
4

Module 1:

What is health research?



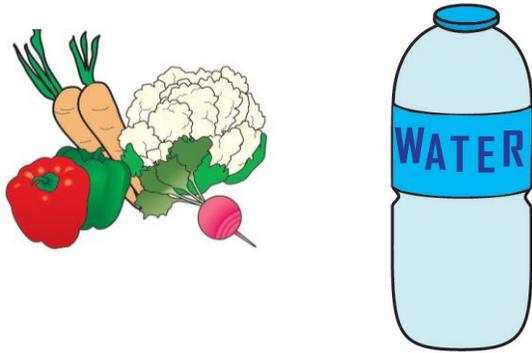
Module 1: What is health research?



Contents

- What is Health? Slide 5
- Define research and why you belong on a research team Slide 10
- Identify different kinds of research Slide 18
- How is research used? Slide 30
- Activity:** Research study on healthy habits Slide 37
- Why is it important for people with ID to participate in Slide 39
research (participant, researcher or consumer)?

What is health?

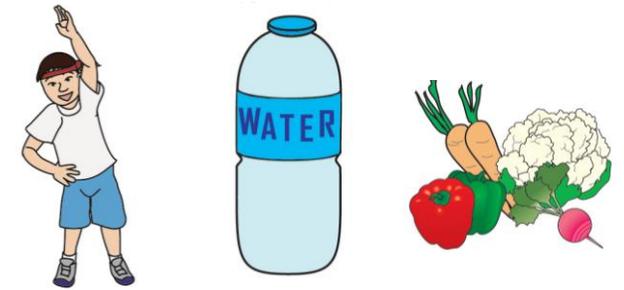


**Use page 2 in the Module
1 workbook!**

What does the word *health* mean?

Health includes *physical, mental, and social* well-being

Physical well-being: How your body feels and physical fitness



Mental well-being: How your mind feels and coping with your emotions and stress



Social well-being: Feeling like you belong and are included



How can your health be impacted?

Healthy behaviors:

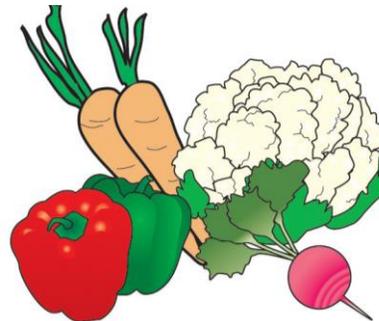
Physical activity:

- Exercise
- Walking
- Playing sports
- Hiking



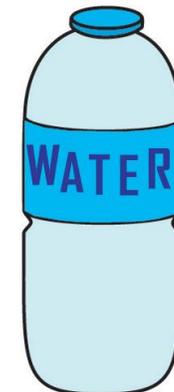
Healthy foods:

- Healthy snacks and meals
- Fruits, vegetables, protein, carbohydrates
- Good portions



Hydration:

- Healthy beverages
- Enough fluids
- Water



What else makes it easier or harder to be healthy?

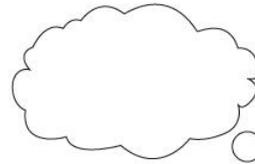
Health can be influenced by community and environmental factors

Transportation and access to doctors, community clinics, and medications

Medical bills and insurance

Access to food and spaces to exercise

COVID-19, clean water, safe environment, and social interactions



Health research...

How can your health be impacted?

Health research and
advocacy



What does advocacy mean?

Advocacy is sharing your story with others and making sure your voice heard!

You can advocate to change laws or policies!

Define research



Define research

Research is the process of asking *meaningful* questions to better understand things we are interested in learning about.



1. Ask a question



2. Find answers



3. Tell others

What is one thing you have researched using Google or an online search?



Use page 3 in the
Module 1 workbook!

Did your online search use the three steps
of research?



Stop & check

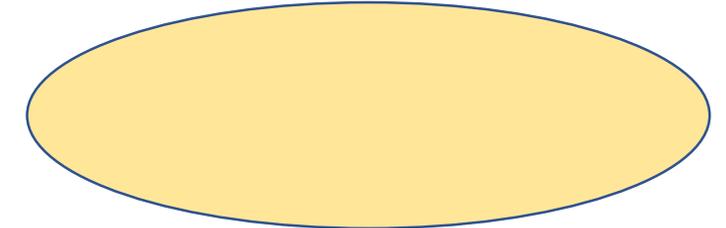
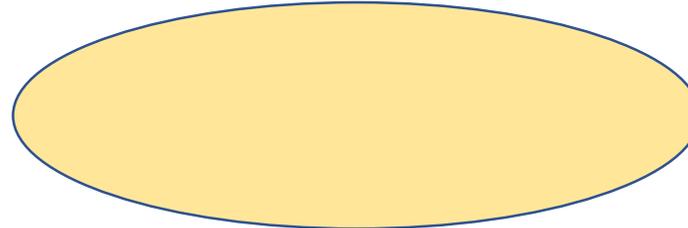
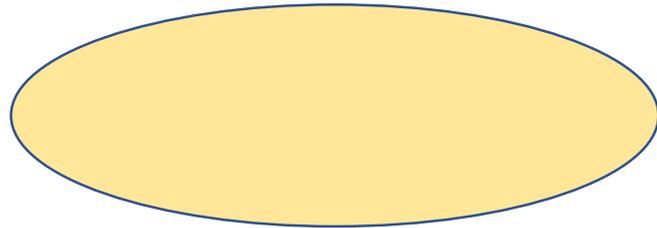


Module 1: Question one



Research is the process of asking *meaningful* questions to better understand our world.

There are three important parts of research.



Use page 4 in the Module 1 workbook!

Module 1: Question one answer



1. Ask a question



2. Find answers



3. Tell others

I belong on a research team



**Use page 5 in the
Module 1 workbook!**

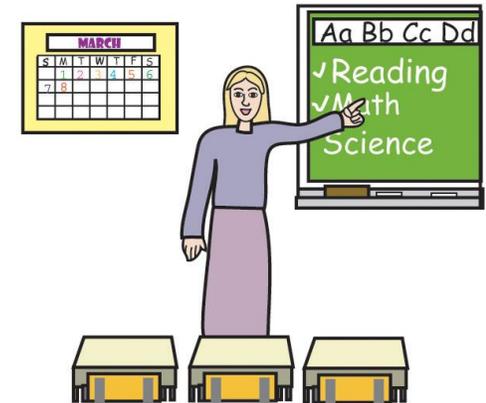
Why do you belong on a research team?



**You can bring
new ideas to the
table!**



**You can help
doctors improve
health care!**



**Your participation
can educate other
people!**

Use page 5 in the Module 1 workbook!

What are different *types* of research?

Online searches



Surveys



**Formal University Research
Project**



THE UNIVERSITY
of
WISCONSIN
MADISON

Use page 6 in the Module 1 workbook!

Different types of research

Research can be searching for answers on the internet

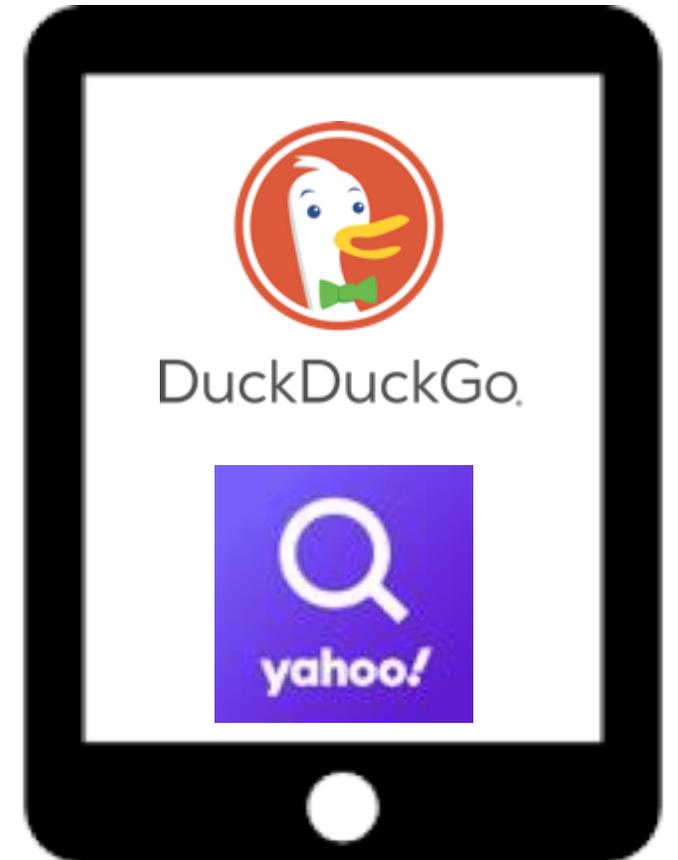


What do you want to learn more about?

Use page 6 in the Module 1 workbook!

Different types of research

There are different search engines that you can use to find your answers!



Different types of research

Research can be searching for answers on the internet



Example: Google Search

You could find an answer to a question like:

How many cups of water should I drink daily?



how many cups of water should I drink daily

Different types of research

Example: Google Search

How many cups of water should I drink daily?

Answer: **Eight 8-ounce glasses**

Google

how many cups of water should I drink daily

To prevent dehydration, you need to **drink** adequate amounts of **water**. There are **many** different opinions on how **much water** you **should** be **drinking** every **day**. Health authorities commonly recommend eight 8-**ounce** glasses, which equals about 2 liters, or half a gallon. This is called the 8×8 rule and is very easy to remember. Jun 20, 2018

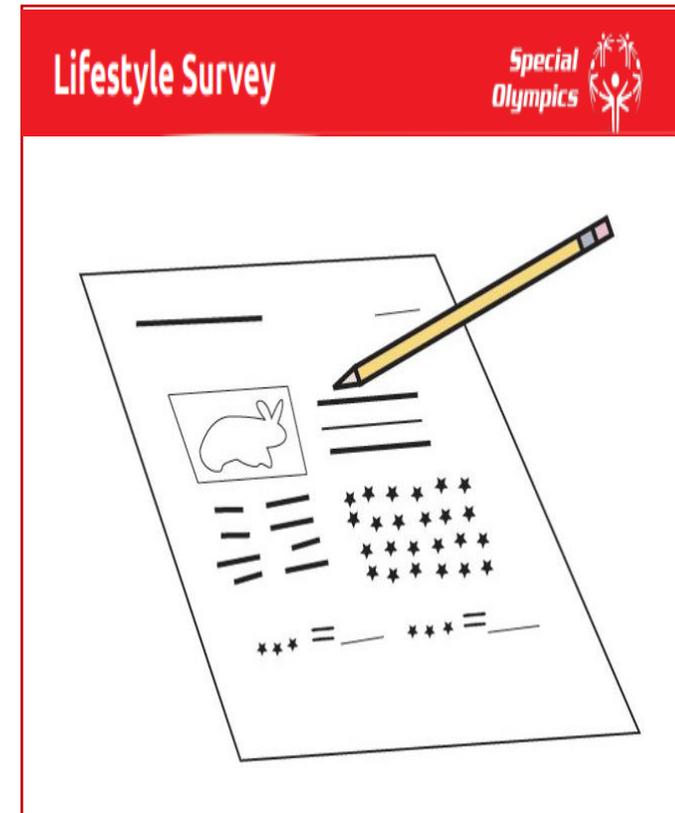


Different types of research

Research can be filling out a survey.

Example:

**Special Olympics
Lifestyle Survey on
diet & exercise in your
life.**



Different types of research

Research can be filling out a survey online

Example: **Board for People with
Developmental Disabilities**

SurveyMonkey: COVID-19 Impact on
Disability Employment Services



How does COVID-19 affect disability employment services, supports, and outcomes?

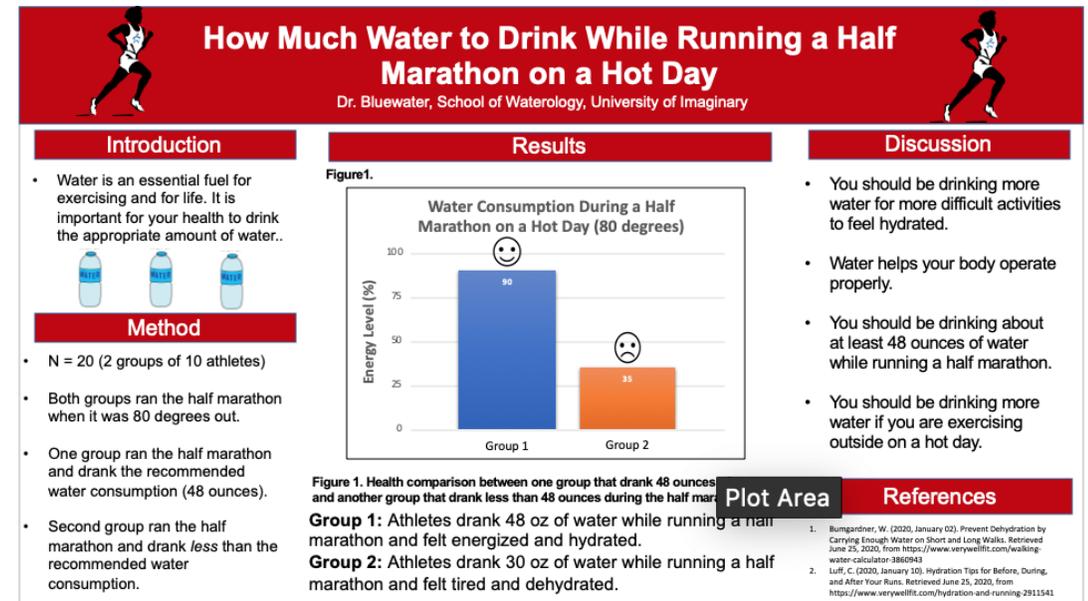
Different types of research

Research can be a formal University Research Project

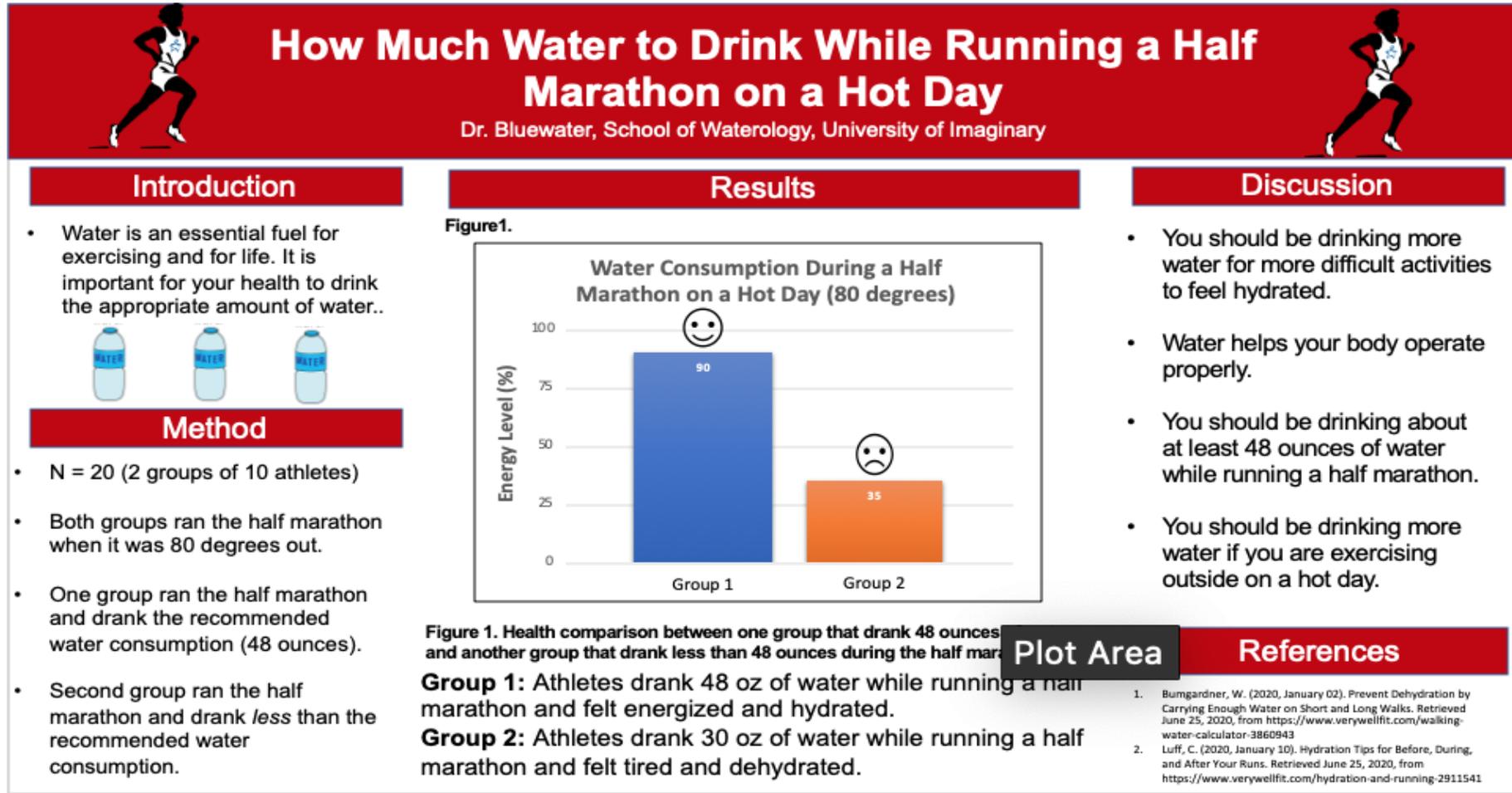


University Research Project

Develop a very specific research questions and conduct a scientific study to find our answers.



Different types of research



Example: University Research Project

Stop & check



Module 1: Question two



Use page 7 in the Module 1 workbook!

Which of the following are types of research?

Select all that apply:

- 1 Searching for answers on the internet
- 2 Filling out a survey
- 3 Participating in an interview
- 4 A formal university research project
- 5 All of the above



The infographic titled "The Right Amount of Water to Stay Hydrated in Sports and in Life" provides information on hydration. It includes a table with columns for "Hydration Goal", "Amount", and "Notes". The table lists goals for different activities and environments, such as "Pre-hydrate", "During exercise", and "Post-exercise". A bar chart shows the amount of water needed for different activities. The infographic also includes a section on "Other factors that affect hydration" and a "References" section.

Hydration Goal	Amount	Notes
Pre-hydrate	5-7 cups (1.25-1.75 liters)	Start with 5-7 cups of water in the 2-3 hours before exercise.
During exercise	1/2-1 cup (125-250 ml) every 15-20 minutes	Drink 1/2-1 cup of water every 15-20 minutes during exercise.
Post-exercise	1-1.5 cups (250-375 ml) per pound of weight lost	Drink 1-1.5 cups of water per pound of weight lost after exercise.

Module 1: Question two answer



Which of the following are types of research?

Select all that apply:

- 1 Searching for answers on the internet
- 2 Filling out a survey
- 3 Participating in an interview
- 4 A formal university research project
- 5 All of the above



The infographic titled "The Right Amount of Water to Stay Hydrated in Sports and in Life" provides information on hydration. It includes a table with columns for "Age Group", "Activity", and "Hydration Recommendation". The table lists various age groups and activities, such as "Children (6-12)", "Adolescents (13-18)", "Adults (19-30)", "Older Adults (31-50)", "Athletes", and "Elderly", along with their respective hydration needs. A bar chart is also present, showing hydration levels for different groups.

Age Group	Activity	Hydration Recommendation
Children (6-12)	General	8-10 cups per day
Adolescents (13-18)	General	8-11 cups per day
Adults (19-30)	General	9-13 cups per day
Older Adults (31-50)	General	8-10 cups per day
Athletes	General	16-20 cups per day
Elderly	General	8-10 cups per day

How is research used?



Research **consumers** are able to understand the results of research and think about how they can be used in your everyday life!

**Use page 8 in the
Module 1 workbook!**

How are health research findings used?

Example: **Google search**

Question: How many cups of water should I drink a day?

Answer: You should drink about eight, 8-ounce glasses of water a day.

Google

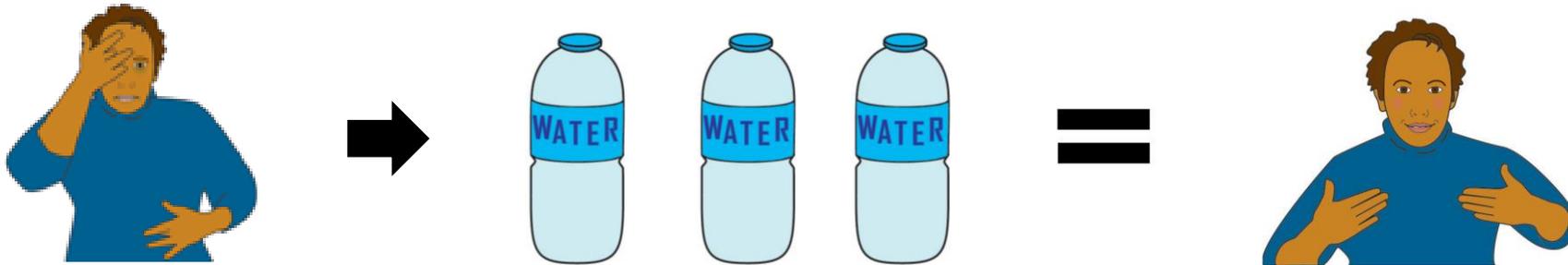
To prevent dehydration, you need to **drink** adequate amounts of **water**. There are **many** different opinions on how **much water** you **should** be **drinking** every **day**. Health authorities commonly recommend eight 8-**ounce** glasses, which equals about 2 liters, or half a gallon. This is called the 8×8 rule and is very easy to remember. Jun 20, 2018



How are health research findings used?

Example: **Google search**

If you are tired, get headaches, have a dry mouth, feel thirsty or your urine is dark yellow or brown... you might need to **drink more water**.

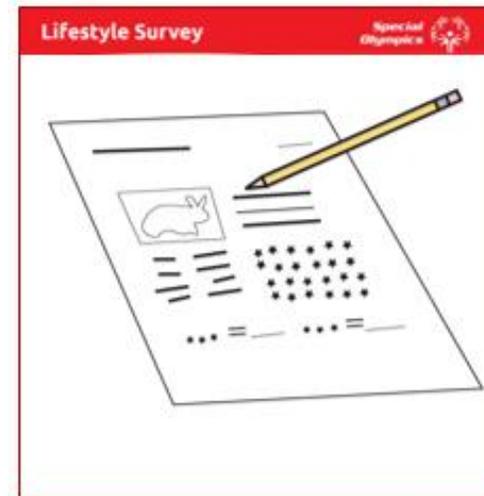


As a consumer, you can apply this research result in your everyday life! **Online searches** can be used to improve your health.

How are health research findings used?

Example: **Special Olympics Lifestyle Survey**

Answers or data from the group shows important information about the whole group or population.



How are health research findings used?

Example: **Special Olympics Lifestyle Survey**

Data from all of the surveys are used to:

✓ Help secure money for current and new programs



✓ Show the impact & success of Special Olympics programs

**Special
Olympics**



✓ Change policy and laws



Health survey research can benefit everyone and help doctors provide better care.



See page 9 in the Module 1 workbook!

How are health research findings used?

Research can be filling out a survey online

How COVID-19 affects disability employment services, supports, and outcomes

- SurveyMonkey can use data to prioritize recovery efforts for lawmakers



How are health research findings used?

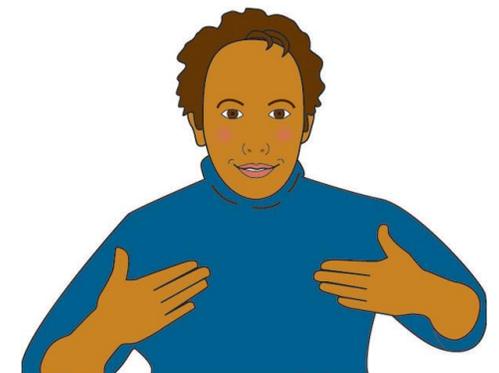
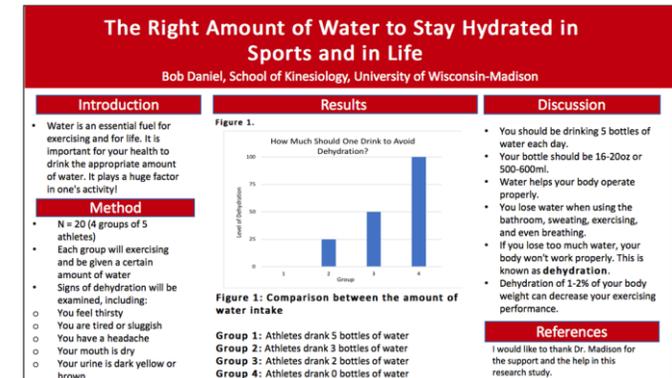
Example: Formal University Research Project Findings

Data from this study can:

- Answer very specific questions
- Improve health

Participating in this kind of research study can:

- Increase leadership and advocacy skills
- Improve self-esteem



Health Research Survey



Use page 10 in the Module 1 workbook!

Activity: Sample Research: Compare Results

Enter the data and compare the findings to the national averages

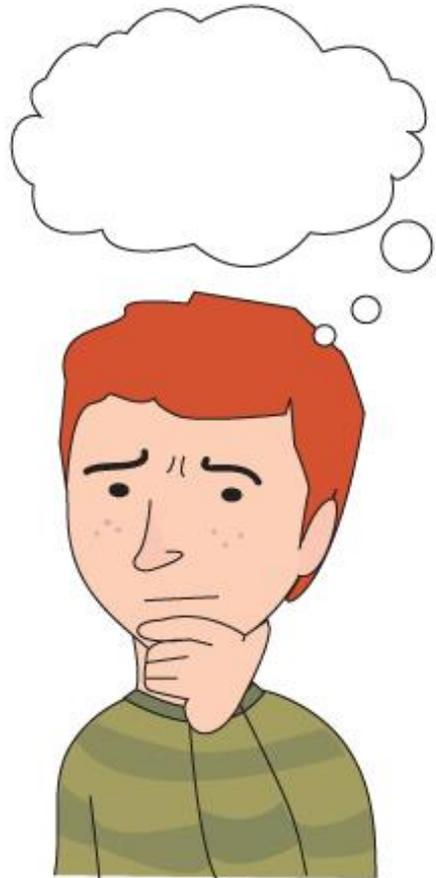


Question	Yes	Sometimes	No	National Averages
Do you drink at least 3, eight-ounce glasses of water per day?				2 ½ glasses
Do you exercise at least three times per week?				51%
Do you get at least seven hours of sleep per night?				65%
Do you go to the doctor at least one time per year for an annual check-up?				85%
Do you go to the dentist at least one time per year for a check-up?				64%
When you go to the doctor, do you go alone or does someone go into the doctor's office with you?				
When you go to the doctor's office, do you feel that the doctor listens to you?				

**Why is it important for
people with IDD to
participate in research?**



Why should I participate in research?



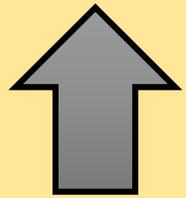
**Use page 11 in the
Module 1 workbook!**

Why should I participate in research?

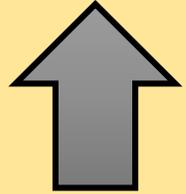
**To make sure we're asking
the most important
questions to people with disabilities
and their caregivers**



Why should I participate in research?



Leadership



Advocacy skills



Self-esteem



Why should I participate in research?

**Everyone can benefit
from findings**



Why should I participate in research?

**Doctors can provide
better care**

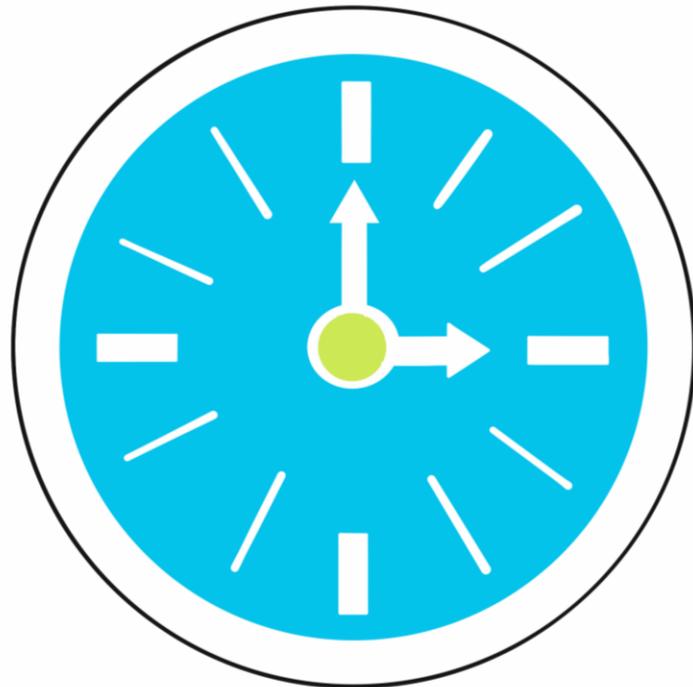


Why should I participate in research?

**Research participation
can improve your health**



Time for review



Module 1: Question one



Research is asking *meaningful* questions to better understand our world.

What are the *three* important parts of research?

Use page 13 in the Module 1 workbook!

Module 1: Question one answer



Research is the process of asking *meaningful* questions to better understand our world.
There are three important parts of research.



1. Ask a question



2. Find answers



3. Tell others

Module 1: Question two



Which of the following are types of research?

Select all that apply:

Searching for answers on the internet



Filling out a survey



Participating in an interview



A formal university research project



All of the above

Use page 13 in the Module 1 workbook!

Module 1: Question two answer



Which of the following are types of research?

Select all that apply:

Searching for answers on the internet



Filling out a survey



Participating in an interview



A formal university research project



All of the above

Module 1: Question three



Select the *THREE* correct reasons why you should **participate** in research:

You can bring new ideas to the table



You can help doctors improve health care



Because someone is forcing me to participate



Your participation can help educate other people



Use page 14 in the Module 1 workbook!

Module 1: Question three answer



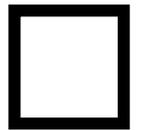
Select the *THREE* correct reasons why you should **participate** in research:



You can bring new ideas to the table



You can help doctors improve health care



Because someone is forcing me to participate



Your participation can help educate other people



Module 1: Take home points



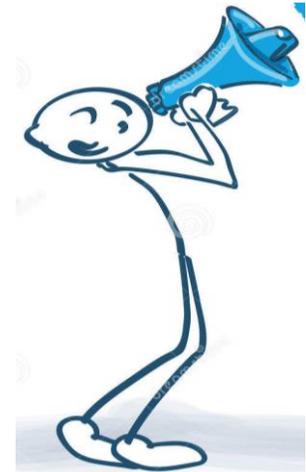
Research is the process of asking *meaningful* questions to better understand our world.
There are three important parts of research.



1. Ask a question



2. Find answers



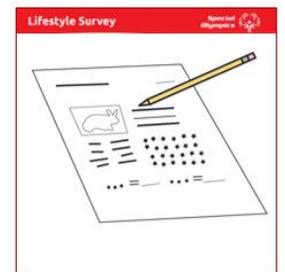
3. Tell others

Module 1: Take home points



There are *many* types of research, including:

- Searching for answers on the internet
- Filling out a survey
- Participating in an interview
- A formal university research project



The Right Amount of Water to Stay Hydrated in Sports and in Life
Bob Daniel, School of Kinesiology, University of Wisconsin-Madison

Introduction	Results	Discussion															
<ul style="list-style-type: none">• Water is an essential fuel for exercising and for life. It is important for your health to drink the appropriate amount of water. It plays a huge factor in one's health.	<p>Figure 1. How Much Should One Drink to Avoid Dehydration?</p> <table border="1"><caption>Figure 1: Comparison between the amount of water intake</caption><thead><tr><th>Group</th><th>Water Intake</th><th>Dehydration Level</th></tr></thead><tbody><tr><td>Group 1</td><td>1 bottle</td><td>High</td></tr><tr><td>Group 2</td><td>2 bottles</td><td>Medium</td></tr><tr><td>Group 3</td><td>3 bottles</td><td>Low</td></tr><tr><td>Group 4</td><td>4 bottles</td><td>Very Low</td></tr></tbody></table>	Group	Water Intake	Dehydration Level	Group 1	1 bottle	High	Group 2	2 bottles	Medium	Group 3	3 bottles	Low	Group 4	4 bottles	Very Low	<ul style="list-style-type: none">• You should be drinking 3 bottles of water each day.• Your bottle should be 16-20oz or 500-600ml.• Water helps your body operate properly.• You lose water when using the bathroom, sweating, exercising, and even breathing.• If you use too much water, your body won't work properly. This is known as dehydration.• Dehydration of 2% of your body weight can decrease your exercising performance.
Group	Water Intake	Dehydration Level															
Group 1	1 bottle	High															
Group 2	2 bottles	Medium															
Group 3	3 bottles	Low															
Group 4	4 bottles	Very Low															
<p>Method</p> <ul style="list-style-type: none">• It is 20 (4 groups of 5 athletes).• Each group will exercising and be given a certain amount of water.• Signs of dehydration will be monitored, including:<ul style="list-style-type: none">o You feel thirstyo You are tired or sluggisho You have a headacheo Your mouth is dryo Your urine is dark yellow or brown	<p>References</p> <p>I would like to thank Dr. Madison for the support and the help in this research study.</p>																

Module 1: Take home points



There are *many* reasons for why you should participate in research. Here are three:

- You can bring new ideas to the table
- You can help doctors improve health care
- Your participation can help educate other people



NOT because someone is forcing me to participate

Module 1: COMPLETE

CONGRATULATIONS!

Thank you for participating
in Module 1,
and happy researching!

